

**VSHP**

Volunteer State Health Plan

Just for You

For BlueCare and TennCareSelect members under age 21

BlueCare[®]
TennCareSelect

*Para información acerca de
TennCare in español,
llame al 1-866-311-4290.*

2nd Quarter 2008

**You Can Handle It**

Prom Pressure

Think of proms, and you think of fun. But often, proms can become a source of pressure – pressure to drink, do drugs or have sex.

Keep a cool head and avoid getting into situations you will later regret. Besides being illegal, alcohol and drugs can impair your judgment. They can cause you to do things that might be dangerous and have long-lasting effects. An example is drunk driving resulting in a life-changing wreck that can leave you severely injured or even dead.

Alcohol and drugs can also affect your decision about having sex. Do not be pressured into doing anything you don't want to do. You are the one who will have to live with the consequences. It might even be helpful, to think of different ways to say, "no" to something you don't want to do.

If you find yourself in an unsafe situation, have a backup plan for a safe ride home.

So go ahead. Plan a prom that will leave you with good memories.

For 7th and 9th Graders

Schools Require New Sports Exam

If you are in the 7th or 9th grade next school year and plan to play sports, you must have a complete well-care exam. For TennCare students, this exam is the same as the TENnderCare well-care or EPSDT exam. This is a new requirement from the Tennessee State Board of Education for the 2008-09 school year. The exam is free for TennCare members under age 21.

More than just a short sports exam, the well-care exam includes:

- health history
- physical exam
- hearing and vision checkups
- lab tests
- vaccines
- developmental and behavioral screenings
- health education

Even if you do not plan to play school sports, **get a free well-care exam every year for better health, no matter what grade you are in.** Let's face it, it's better to find health problems when they are small and can be treated easily.



Just for Girls

What You Need to Know about Pap Tests

You may have heard of Pap tests, but do you know what they are or when you should have one?

Listen up. A Pap test – sometimes called a Pap smear – looks for abnormal cells on a woman's cervix, which could become cancer over time. The cervix is the opening to the uterus, at the very top of the vagina. If the results of a Pap test show there are abnormal cells that could become cancer, your doctor can begin treatment to prevent cervical cancer.

The doctor usually uses a small spatula or tiny brush to collect cells from the cervix. You may feel a little discomfort, but it doesn't last long.

When should you have a Pap test?

The Centers for Disease Control and Prevention (CDC) says that women should have their first Pap test within three years of first having sex or at age 21, whichever comes first.

Cervical cancer often does not cause symptoms until after it is too late to do anything about it. That's why getting screened for cervical

cancer is important.

There is now a vaccine that will protect girls and women from getting cervical cancer and genital warts due to a common virus. This virus is known as HPV or human papillomavirus. The vaccine is given in three doses. And TennCare pays for it if you are a BlueCare or TennCareSelect member.

Ideally, girls should get this vaccine before their first sexual contact. The CDC recommends that girls between the ages of 9 and 26 get the vaccine.

Free Services

As a BlueCare or TennCareSelect member, you can get the following free services:

- information on FREE interpretation and translation services
- TENNderCare information in an audio or Braille format if needed
- a ride* (if you need one) to your doctor or health department

Just call:

1-800-468-9698 if you are a BlueCare member

1-800-263-5479 if you are a TennCareSelect member

*If you are in foster care and need a ride to your doctor, call **1-866-311-4287**.



of Tennessee



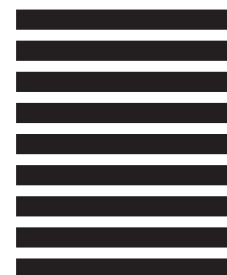
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Checkup and check out chance to win Wal-Mart card

Get a checkup and get a chance to win a \$100 Wal-Mart gift card. If you are a BlueCare or TennCareSelect member, and get your annual well-care checkup by

August, 2008, we'll put your name in for a drawing. Six lucky winners will be drawn. Let us know when you've had your checkup by filling

out the card below and returning it to us. Just drop it in the mail. You do not need a stamp. Best of luck! And best of health!

Cut this page out of the newsletter. Fold into thirds with the address on the outside.
Tape shut. Drop in mailbox.

Your address:

Street _____

City _____ State _____ ZIP _____

Phone _____

I received my yearly well-care checkup on _____ (date)

At _____ (where)

By _____ (name of doctor or nurse)

BlueCare or TennCareSelect Member Name _____

Member's ID Number (look on your health care ID card) _____



Just for Guys

How's Your Driving?

So, you just got your driving license – and you're feeling like the "king" of the road. Just make sure you're not a king of terror.

A license to drive is not a license to show off to friends by driving fast, squealing tires, weaving in and out of traffic or tail-gating.

Sadly, the risk of motor vehicle crashes is higher among 16- to 19-year-olds than among any other age group. The crash rate per mile driven for this age group is four times the risk for

older drivers, according to the Insurance Institute for Highway Safety. Risk is highest at age 16.

Other statistics for male teen drivers:

- The motor vehicle death rate for 16- to 19-year-old male drivers was more than one and a half times that of female drivers of the same age in 2004.
- The presence of male teenage passengers increases the likelihood of risky driving behaviors among teen male drivers.
- Among male drivers between

15 and 20 years of age who were involved in fatal crashes in 2005, 38 percent were speeding at the time of the crash and 24 percent had been drinking.

- Male high school students (12.5 percent) were more likely than female students (7.8 percent) to rarely or never wear seat belts. Compared with other age groups, teens have the lowest rate of seat belt use.

So, make up your mind to defy poor driving records of male teens. It's better to drive safely than to become a crash or injury statistic.

Wii Winners

Who has the lowest rate of getting annual well-care exams? Teenage guys! In an effort to boost exam rates among 15- to 20-year-old males, BlueCare and TennCareSelect offered an incentive last year. If male teens got their well-care checkups before the end of 2007, their names went into a drawing for a Nintendo® Wii™ System.

Getting a checkup paid off in more ways than one for two lucky guys. In the recent drawing, a BlueCare teen in SaleCreek and a TennCareSelect teen in Nashville were the winners. Congratulations!

Floss Every Day to Remove Plaque



What is plaque?

Plaque is a thin film on the teeth. Plaque is made of saliva (spit) and bacteria (germs). Foods that contain sugar or starches cause the bacteria in your mouth to produce acids. If you snack often, you could be having acid attacks on your teeth all day long. After many acid attacks, your teeth may decay.

Plaque can also hurt the gums, making them red, tender or bleed easily. If plaque is not removed by brushing and cleaning between your teeth every day with floss, the gums begin to pull away from the teeth forming pockets full of bacteria and pus. The teeth may become loose and have to be removed.

To prevent tooth decay and remove plaque:

- Brush your teeth every day in the morning and at bedtime with fluoride toothpaste.

- Clean between your teeth every day with floss.
- Eat a well balanced diet, and limit between-meal snacks.
- Drink lots of water.
- Visit your dentist regularly every six months.

How do I floss my teeth?

- Break off about 18 inches of floss. Wrap it around your fingers, and hold it tight between your thumbs and forefingers.
- Guide the floss between your teeth using a gently rubbing motion.
- When the floss reaches the gum line, hold the floss tightly against the tooth.
- Gently rub the side of the tooth, moving the floss away from the gum with up and down motions.

- Repeat this on each and every tooth, including the back side of your last tooth.

If you have TennCare, you have TENNderCare (EPSDT) dental services until you become 21 years old. These services include **FREE** regular six-month checkups, fluoride treatments and sealants.

If you have TennCare, call Doral Customer Service at 1-888-233-5935, or visit the Web site at www.doralusa.com for:

- help finding a dentist.
- questions about your TennCare dental benefits.
- help with interpretation and translation.
- help with a ride to the dentist.

Questions? Get Answers

Have a question about:

- Sexually Transmitted Diseases (STDs)?
- Tattoos and body piercings?
- Relationships?
- Depression?

Get answers on these and other topics on our Web site just for teens: www.TeenHealthExplosion.com



Volunteer State Health Plan, Inc. (VSHP), BlueCare BlueShield of Tennessee, Inc. (BCBST) and BlueCare are independent licensees of the BlueCross BlueShield Association. VSHP is a licensed HMO affiliate of BCBST.

No one is treated in a different way because of race, color, birthplace, language, sex, age, religion or disability. Do you think you've been treated unfairly? Do you have more questions? Do you need more help? You can make a free call to the Family Assistance Service Center at 1-866-311-4287. In Nashville, call 743-2000.

This document is classified as public information

For information about interpretation and translation services that are free to the enrollee, BlueCare members call 1-800-468-9698. TennCareSelect members call 1-800-263-5479.

Action Steps for Safe Schools

Have you ever been afraid at school?

When kids bring weapons to school such as guns or knives, are they just showing off, or posing a real threat?

It's not up to you to find out. Just notify a trusted adult at once. Tell the adult:

- exactly what you saw – was the weapon being shown off or used to threaten another student?
- the type of weapon -- was it a knife, a gun, etc.
- where the incident happened, and who was involved.

Violence can come in many different forms – and without weapons. It can be physical fighting with someone. Or it can even be in the form of name-calling and bullying.



Be alert for anyone who talks a lot about weapons and violence, threatens others, or is cruel to pets and animals. These may be warning signs of someone who could act out in violence. You should take all

warning signs and threats seriously and talk to an adult.

There's much students can do to help create safe schools. Talk to your teachers, parents, and counselor to find out how you can get involved and do your part to make your school safe.



Myth: Prescription drugs are safer and less addictive than street drugs.

Fact: Prescription drugs can be harmful if they are used wrong or used by someone they aren't prescribed for. When they are used with certain other drugs, including over-the-counter drugs, deadly reactions can result.